

**PRINCIPLES
OF GROUP
PSYCHOTHERAPY
COURSE**

RETURNING JANUARY 2024





WHEN AND WHERE:

Saturdays

9 -12 p.m. & 1:30-4:30 p.m.

**Various Locations near
Boston, MA**

Module 1: Foundations

January 27

**Module 2: Structure and
Dynamics**

February 10- online

**Module 3: Formation and
Development**

March 9

**Module 4: Ethics, Neuroscience,
and Personal Style**

April 13

**Module 5: Leadership Tasks and
Skills**

May 18

WHAT:

The Principles of Group Psychotherapy program is a 5-module didactic and experiential course designed to give participants a solid grounding in group theory and practice. Each module will take a contextual, culturally sensitive approach to the effective integration and application of theory and practice. Curriculum is designed to prepare participants to run long-term interpersonal process groups, as well as apply group dynamic concepts to short-term and manualized groups. A diverse range of instructors provides exposure to a variety of leadership styles.

This course meets the didactic requirements for credentialing as a Certified Group Psychotherapist (CGP), a nationally recognized designation for expertise in group psychotherapy.



OTHER INFO:

Open to 15 participants

Cost: \$750

30 CEs provided

***Scholarships and Equity
Rate available (see
website for more details)**

Register online at:

nsgp.wildapricot.org

**Registration deadline is
January 22, 2024**

Questions?

**Contact Annie Weiss at
annieweiss@aya.yale.edu
or Justin Hecht at
justinhecht@gmail.com**

MEET THE FACULTY:

MARY ALICIA BARNES, OT, OTD



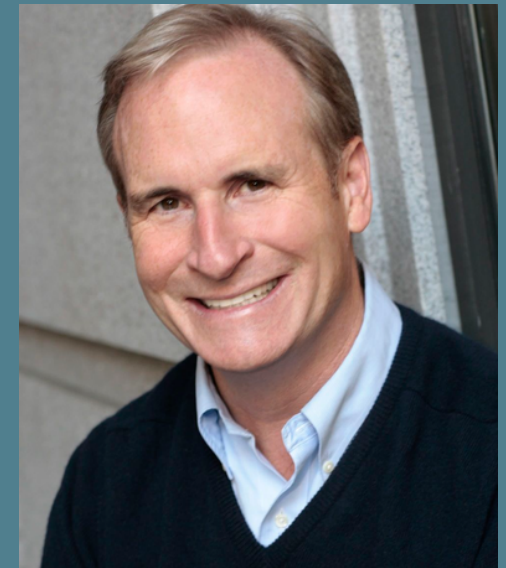
Mary Alicia Barnes, OT, OTD is a lecturer at Tufts University. She has co-lead group training and mentoring groups for occupational therapy graduate students for over 30 years. Mary has also co-authored publications and done numerous presentations related to group theory and practice. She is a past board member and conference committee member and current co-chair of the Northeastern Society for Group Psychotherapy Diversity, Equity and Inclusion committee. Her scholarship focuses on measuring outcomes of group leader training, experiential education, and community-based program evaluation.

AZIZA BELCHER PLATT, PH.D.



Dr. Aziza A. B. Platt is a licensed psychologist providing culturally-responsive individual and group psychotherapy, family therapy, and psychological assessment. She treats various concerns and specializes in racial-cultural issues, trauma, and grief. She was inspired to get into mental health to contribute to efforts to make therapy more acceptable, accessible, and affordable, particularly for marginalized communities. Social justice and liberation are an indelible part of her work.

JUSTIN HECHT, PH.D., CGP, AGPA-F



Justin Hecht, Ph.D., CGP, AGPA-F is a psychologist, Jungian Analyst, and certified group therapist. He leads groups in his private practice, and training groups for therapists. He has taught about Group Psychotherapy and Jungian analysis for many years, and lives in Lexington, Massachusetts.

SHUNDA MCGAHEE, MD, CGP



Dr. Shunda McGahee is a clinical instructor for Harvard Medical School and supervising psychiatrist for multiple residency training programs. She has recently transitioned to North Suffolk Community Services in the role of Chief Medical Officer, and leads community programs which provide treatment psychopharmacology, individual/group therapy for the severely, chronically mentally ill with co-occurring substance dependence. She obtained her BS in Chemistry from Howard University, her medical degree from Georgetown University, and trained at Massachusetts General Hospital and McLean Hospital where she served as chief resident. As a former National Health Service Corps Scholar, her clinical interests are community mental health in underserved populations. She has worked for Boston Healthcare for the Homeless, Massachusetts Department of Mental Health Center, and South End Community Health Center, and has served as Medical Director of Ambulatory and Community Services for Beth Israel Lahey Health Behavioral Services.

ALEXANDRA (SASHA) WATKINS, ED.D, LMHC



Alexandra (Sasha) Watkins, Ed.D., LMHC, currently serving as NSGP Diversity, Equity, and Inclusion (DEI) Co-Chair and Board Officer, has over 20 years of experience in mental health and related fields in the US and internationally. As MBA Support Services Associate Director at Harvard Business School, Sasha oversees DEI programming for students. She also teaches group dynamics from the identity-based perspective at Lesley University and runs a program for neurodiverse adults for the Massachusetts Rehabilitation Commission. Sasha's research focuses on identity, culture, and leadership, and she has facilitated long and short-term therapy and other types of groups across various settings.

ANNIE WEISS, LICSW, CGP, FAGPA



Annie Weiss, LICSW, CGP, FAGPA is a Certified Group Psychotherapist and Certified Internal Family Systems therapist who has led interpersonal psychotherapy groups for nearly 30 years. Annie has taught group dynamics to Harvard Medical Students, psychologists in Beijing, and students at the Boston Institute for Psychotherapy and Boston College. She has provided coaching at Harvard Business School's Executive Leadership program, led a therapy group observed by trainees for a dozen years, and is the group consultant at the Brookline Community Mental Health Center. Annie leads local, national and international trainings on topics related to group therapy, and leads process-oriented training groups for clinicians. Annie integrates Psychodynamic Theory, Attachment Theory, Internal Family Systems, Interpersonal Neurobiology and other models. She is dedicated to anti-racist work and climate justice, her family, her two pups and her garden.

